Goal Review Sheet

Did you complete your goal?

Yes → Congratulations and well done. Take a moment to appreciate the effort you have put in, what you have learnt, and what positives achieving this goal has given you and your life. How do you feel about the achievement? Why not use the momentum gained from achieving this goal to get started on another?

No, the reason was…

- **I could not find the resources or opportunities I needed** → If a lack of money was a barrier then are there cheaper ways to work on your goal or maybe a similar goal? Could a different goal relating to work or education be more beneficial? If you struggled to find the right opportunities or situations to work on your fear then how could you create them or seek them out? Do the resources and opportunities exist already but you found it too hard to use them? If so, might it be helpful to break down facing your fear into more manageable steps or work on other fears first?
- **I forgot to work on my goal / I forgot what it was** → Think about how important this goal is it to you and how achieving it would help you. What is a simple way of reminding yourself to work on it? What might your future be like if you do not work on this goal?
- **I started working on it but lost motivation** → When you lose motivation, remind yourself of the reasons for setting the goal in the first place. If your goal was too difficult then break it into manageable steps. Also see the last box on procrastination.
- **I did not have enough time to work on it** → Think about how important this goal is it to you and how achieving it will help you. What did you use the time for? Were those things more important? What sacrifices could you make to free up more time?
- **I tried to face my fear but felt too scared or overwhelmed** → What are some more manageable steps you could take first to ease into facing the fear? If other fears got in the way then could you work on those first? Remember that working on your thinking habits helps.
- **I was not sure if I was doing it right so stopped** → Be careful to not let perfectionism hold you back. Part of change and moving forward is letting some small mistakes be made and learning from them. Also see two boxes down regarding fear of failure.
- **I decided to work on a different goal** → Deciding another goal is more important to you and working on that goal instead is not a problem, but be aware of this becoming a pattern. Make sure you are not changing goals as a way of procrastinating.
- **I was scared I would fail so did not try** → Failure is not a problem but what it means to us can be. It can be helpful to see ‘failure’ as feedback that helps us grow and move our life forward. Thinking of some smaller more manageable steps might help.
- **I do not know, I just procrastinate over it** → If you are a seasoned procrastinator then it might be helpful to think of some very small and easy steps you can take to get the ball rolling. When it comes to overcoming procrastination, no step is too small! If you are prone to turning your goals into chores then avoid thinking about them as things you ‘should’, ‘must’ or ‘have to’ do, but rephrase your thoughts to ‘I want to…’ and remind yourself of the reasons why you originally set the goal. Support and encourage yourself rather than pressure yourself to do things.
- **Another Reason** → Discuss with the group or a facilitator what held you back and how you might move forward.

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